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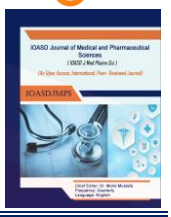

Counselling on Healthcare Management: Imperative on the use of Modern, Technology in Saving Life in Esierebom Primary Health Centre, Calabar South Local Government Area, Cross River State, Nigeria

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ABSTRACT

This study explores the impact of counselling on healthcare management in Esierebom primary health centre, calabar south local government area, with a focus on leveraging modern technology to enhance patient outcome. The research investigate how technology –based interventions, health application and electronics health records, can improve patient engagement, adherence to treatment plans, and overall health outcome. The studies also examine the roles of counselling in promoting healthy behaviour, managing chronic condition, addressing mental health concerns. This empowers patients to take a more active role in managing their health, improving engagement and adherence to treatment plans. The findings of this research will contribute to the development of effective strategies for integrating technology into primary healthcare settings, ultimately improving the quality of care in patients outcome.

Keywords: Healthcare, Counseling, Management, technology, primary health care, Esierebom.

Review Article

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INTRODUCTION

Healthcare counselors are professionals who enter into a meaningful partnership with patients in order to explore the impacts of a disease on the mind of the patient and help the patient develop a mind-set for coping with the disease. While a doctor can initiate the healing process for a patient's body, the healthcare counsellor can make the patient feel comfortable and relaxed during the healing process and even after it. Taking disease in a positive way can work many wonders; it can actually expedite the healing process. Healthcare counsellors can help patients take their diseases positively and thus, feel better both in mind and body. Psychological adjustment has to do with the physical, emotional, social, mental adjustment of the aged (Effiom, B.E; Maria E.N.; Lucy Arop; Ugbe Blessing Ushibima, 2022).

Taking the help of a healthcare counsellor at the right time can stop a patient from sinking deep into depression. Healthcare counsellors can find out ways to help a patient cope with the illness, divert his or her attention to the brighter things of life and adapt to the new situations in a positive way rather than with pessimism. When a patient is admitted to hospitals for getting treated for a chronic health emergency, there too the healthcare counsellors have an important role to play. Emotional aspects of mental health and substance use condition they work with individuals families, couple and groups in variety of settings (Effiom et al, 2022).

Imperative the use of modern, technology in saving life in Esierebom Primary Health Centre

One of the most important, and highly debated, elements of our society is the quality of healthcare provided to patients. Modern healthcare has evolved and

become more focused on prevention. Preventative efforts are in place to reduce and eradicate disease, support overall physical and mental health, and educate patients and families to promote safety. Digitizing patient records can improve data management, reduce errors, and enhance continuity of caree. (Kruse et al, 2018). Remote Consultations can increase access to healthcare service, especially for patients with mobility issues or living in remote areas (shigekawa et al, 2018). Mobile apps and SMS can facilitate patient engagement, appointment reminders and health education (Deglise et al, 2012). Portable diagnostic device can aid in accurate diagnosis and timely treatment (Mabuse,2018). The integration of modern technology in primary healthcare settings like Esierebom primary Health center can significantly improve patient outcomes, streamline clinical workflows and enhance the overall quality of care.

Modern technology can facilitate timely intervention, accurate diagnoses, and effective treatment plans, ultimately leading to improved patient outcomes. Technology can automate administrative tasks, reduce paperwork, and optimize clinical workflows, allowing healthcare professionals to focus on patient care. Mobile health applications, telemedicine and patients portals can empower patient portals can empower patient to take a more active role in their healthcare, improving adherence to treatment plans and health outcomes.

Digital records can streamline clinical workflows, improve data accuracy, and enhance patient safety. The strategic integration of modern technology can transform the delivery of healthcare service in Esierebom Primary Health Center, improving patient outcomes, efficiency and overall quality of care.

Benefit of Modern Technology in Primary Healthcare

Care Timely access to medical care and accurate diagnoses health outcomes (WHO, 2019). Streamlined processes and reduced paperwork can enhance productivity and reduce costs (Haux,2016). Patient can take a more active role in their healthcare through access to medical records, appointment reminder and health education (Anker et al,2015). Healthcare workers may require training to effective use new technologies ensuring data crucial (Apparel et al, 2013). Ultimately leading to improved patient outcomes (World Health Organization, 2018).

Technology can automate administrative tasks, reduce paperwork, and optimize clinical workflows. Allowing healthcare professionals to focus on patient care (American Academy of Family Physician, 2020). Mobile health applications telemedicine, and patient portals can empower patients to take a more active role in their healthcare, improving adherence to treatment plans and health outcome (Pew Research Center, 2019). Electronic health records and data analytics can provide valuable insight, enabling healthcare professional to make informed decisions and identify areas for improvement (Healthcare information and management system society, 2020).

Telemedicine and remote monitoring can expand access to healthcare service, particularly for patient with mobility issues or those living in remote areas (American Telemedicine Association, 2020).

Counseling on Healthcare Management

Counselling on health care management involves providing guidance and support to individuals or groups on managing their health and wellness. Providing information on healthy behaviors, disease prevention, and management (WHO, 2019). Empowering individuals to take control of their health through, self-monitoring, goal-setting and problem-solving (Lorig et al, 2003). Encouraging individuals to adhere to their medication regimes and understand the importance of medication management (Haynes et al, 2008). Promoting healthy lifestyle changes, such as diet, exercise, and stress management (Kabat-Zinn, 2003). Effective healthcare management can lead to better health outcomes, reduced complications and improved quality of life (WHO, 2019).

Healthcare management counseling can empower individuals take a more active role in their healthcare (Hibbard et al., 2013). Effective health care Management can reduce healthcare cost by preventing complication and reducing hospitalization (Bodenheimer et al, 2002). Limited access to healthcare service can hinder effective healthcare management (WHO, 2019). Limited health literacy can make it difficult for individuals to understand and manage their health. Counselling this group of persons will also reduce the crime rate and assist professional counseling programme in the creation of curricula and educational experience that can address the health of patient (Ekeng E.B.; Effiom B.E.; Alderline B.B; Queen B.B; Joseph E.A.; Ekpo-Awan O.E. P,2023).

CONCLUSION

Modern technology has the potential to significantly improve healthcare delivery in Primary Health centers like Esierebom primary healthcare. By leveraging Electronic health records, telemedicine, Mhealth, digital diagnostic tools and data analytics, healthcare providers can enhance patients outcomes, increase efficiency and improve decision-making.

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